



Keep healthy snacks at your desk

How to take this break

When deadlines are looming and lunch meetings are the norm, having a stock of healthy snacks in the office can be a lifesaver. Some suggestions for non-perishable snacks include nuts and seeds, peanut butter, whole grain crackers, vegetable or fruit juice, trail mix and dried fruit.

Why this counts - Energizing

Healthy snacking can help you to focus and concentrate better at work, and boost your energy and mood.

Go to [Workplace Strategies for Mental Health](#) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

*Ideas for this activity were contributed by
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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.